

TRICARE BENEFICIARY BULLETIN – JUNE 1, 2012 – 684 WORDS

LEAD MUSIC (:03)

THIS IS THE TRICARE BENEFICIARY BULLETIN, AN UPDATE ON THE LATEST NEWS TO HELP YOU MAKE THE BEST USE OF YOUR TRICARE BENEFIT. I'M AUSTIN CAMACHO. (:10)

FIRST UP: LORRAINE CWIEKA REPORTS ON PREPARING FOR SEVERE WEATHER.

HURRICANE SEASON BEGINS EVERY YEAR ON JUNE 1ST. TO MAKE SURE YOU ARE PREPARED, TRICARE OFFERS TIPS FOR THE TROPICAL STORM SEASON TO KEEP YOU AND YOUR FAMILY SAFE.

TRICARE OFFERS A FEW SIMPLE TIPS TO PREPARE YOUR HEALTH CARE BEFORE SEVERE WEATHER OCCURS. BE SURE TO REFILL PRESCRIPTIONS EARLY IF THEY ARE IN DANGER OF RUNNING OUT DURING OR IMMEDIATELY AFTER A STORM. IT IS ALSO BEST TO PRINT OUT YOUR WALLET CARD FOR CRITICAL CONTACT NUMBERS. AND MAKE SURE EACH FAMILY MEMBER HAS ALL OF THEIR HEALTH RELATED INFORMATION.

THIS INCLUDES:

- UNIFORMED SERVICES ID, MEDICARE, OR HEALTH INSURANCE CARDS;

- EMERGENCY CONTACT NAMES AND ADDRESSES;
- LISTS OF ALLERGIES; AND
- STYLE, MODEL, AND SERIAL NUMBERS FOR ANY MEDICAL DEVICES

EMERGENCY KITS SHOULD BE UPDATED AND CONTAIN FOOD AND WATER, A BATTERY OPERATED WEATHER RADIO, FLASHLIGHTS, FIRST AID SUPPLIES AND MEDICAL NECESSITIES. IF YOU ARE REUSING AN EMERGENCY KIT, MAKE SURE ALL THE CONTENTS IN THE KIT WORK AND THAT FOOD AND WATER HAVE NOT EXPIRED. SOME HEALTH RELATED ITEMS TO INCLUDE IN THE KIT ARE:

- PRESCRIPTION MEDICATIONS;
- NON-PRESCRIPTIVE DRUGS LIKE PAIN RELIEVERS, ITCH CONTROL CREAMS, AND LAXATIVES; AND
- EXTRA BATTERIES FOR WHEELCHAIRS AND HEARING AIDS

TRICARE HOSTS ITS OWN DISASTER INFORMATION PAGE. GO TO [TRICARE.MIL/DISASTERINFO](https://www.tricare.mil/disasterinfo) FOR UPDATES AND HEALTH CARE INFORMATION DURING A DISASTER.

IN CASE OF EMERGENCY, BENEFICIARIES SHOULD FOLLOW ANY MANDATORY AND VOLUNTARY STATE EVACUATION ORDERS. FOR MORE TIPS ON DISASTER PREPAREDNESS, VISIT [READY.GOV](https://www.ready.gov).

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

THE WORLD HEALTH ORGANIZATION RECENTLY HIGHLIGHTED THE HEALTH RISKS ASSOCIATED WITH TOBACCO USE WITH WORLD NO TOBACCO DAY. TOBACCO USE IS THE LEADING CAUSE OF PREVENTABLE DISEASE-RELATED ILLNESSES AND DEATH IN THE UNITED STATES.

BENEFICIARIES WHO WANT TO STOP USING TOBACCO CAN SET A DATE TO QUIT AND STICK TO IT. ON AVERAGE, IT TAKES SMOKERS SEVEN TO ELEVEN ATTEMPTS TO QUIT, HOWEVER, TOBACCO CESSATION PROGRAMS INCREASE SUCCESS RATES.

TO HELP THOSE WHO WANT TO QUIT TOBACCO, THERE IS TRICARE'S QUIT TOBACCO - MAKE EVERYONE PROUD PROGRAM AT UCANQUIT2.ORG. THE SITE OFFERS TOOLS TO ASSIST BENEFICIARIES IN THEIR JOURNEY TO BECOMING TOBACCO FREE. TOOLS INCLUDE QUIT PLANS, GAMES, SAVINGS CALENDARS AND 24/7 LIVE SUPPORT.

TRAIN2QUIT IS AN INTERACTIVE FEATURE THAT TEACHES BENEFICIARIES HOW TO BEAT CRAVINGS AND OVERCOME WEIGHT GAIN. IT'S FREE AND CONFIDENTIAL FOR USERS.

BENEFICIARIES WHO WANT TO QUIT OR WHO'VE RELAPSED CAN SPEAK WITH A TRAINED SMOKING CESSATION COACH 24 HOURS PER DAY, SEVEN DAYS A

WEEK. EACH USER WILL HAVE THE OPPORTUNITY TO CREATE A CUSTOMIZED QUIT PLAN SPECIFIC TO THEIR NEEDS.

LIKE OTHER BENEFICIARIES AROUND THE WORLD, YOU CAN CHOOSE YOUR OWN START DATE TO BEGIN YOUR TOBACCO CESSATION JOURNEY USING THE EFFECTIVE TOOLS PROVIDED BY TRICARE'S QUIT TOBACCO PROGRAM.

FINALLY: LORRAINE REPORTS ON ECHO, TRICARE'S EXTENDED CARE HEALTH OPTION.

FOR BENEFICIARIES WITH SPECIFIC MENTAL OR PHYSICAL DISABILITIES, TRICARE'S EXTENDED CARE HEALTH OPTION, OR ECHO, PROVIDES BENEFITS, INCLUDING FINANCIAL ASSISTANCE THAT IS NOT AVAILABLE THROUGH THE BASIC TRICARE PROGRAM.

QUALIFYING CONDITIONS FOR ECHO INCLUDE MODERATE OR SEVERE MENTAL RETARDATION, A SERIOUS PHYSICAL DISABILITY AND A PHYSICAL OR PSYCHOLOGICAL CONDITION THAT CAUSE THE BENEFICIARY TO BECOME HOMEBOUND.

IF YOU BELIEVE A QUALIFYING CONDITION EXISTS, TALK TO YOUR REGIONAL HEALTH CARE CONTRACTOR. IF STATIONED OVERSEAS, CONTACT YOUR TRICARE AREA OFFICE OR MILITARY TREATMENT FACILITY.

ECHO IS AVAILABLE TO THE FOLLOWING:

- ACTIVE DUTY FAMILY MEMBERS, INCLUDING THOSE OF THE NATIONAL GUARD AND RESERVE ACTIVATED FOR MORE THAN 30 DAYS;
- FAMILY MEMBERS WHO ARE ELIGIBLE FOR CONTINUED TRICARE COVERAGE THROUGH THE TRANSITIONAL ASSISTANCE MANAGEMENT PROGRAM;
- CHILDREN OR SPOUSES OF FORMER SERVICE MEMBERS WHO WERE VICTIMS OF PHYSICAL OR EMOTIONAL ABUSE
- AND FAMILY MEMBERS OF DECEASED ACTIVE DUTY SPONSORS DURING THE PERIOD THEY ARE IN TRANSITIONAL SURVIVOR STATUS.

CHILDREN MAY REMAIN ELIGIBLE FOR ECHO BENEFITS WITH NO ADDITIONAL PREMIUM BEYOND THE USUAL TRICARE ELIGIBILITY AGE LIMIT AS LONG AS THE FOLLOWING IS IN EFFECT:

- THE CHILD'S SPONSOR REMAINS ON ACTIVE DUTY
- THE CHILD IS INCAPABLE OF SELF-SUPPORT BECAUSE OF A MENTAL OR PHYSICAL INCAPACITY THAT OCCURS BEFORE REACHING THE AGE LIMIT
- AND THE SPONSOR IS RESPONSIBLE FOR MORE THAN ONE-HALF THE CHILD'S SUPPORT.

FOR MORE INFORMATION ABOUT ECHO INCLUDING COSTS SHARES, PLEASE
VISIT TRICARE.MIL/ECHO.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

AND THAT'S TODAY'S TRICARE BENEFICIARY BULLETIN. WE'LL HAVE MORE
NEWS YOU CAN USE NEXT WEEK. (:03)

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